

PROBLEM-SOLVING WORKSHEET

FEELINGS AND PERCEPTIONS:

PERSON #1: _____

PERSON #2: (if it applies) _____

SUMMARIZE THE PROBLEM: _____

BRAINSTORM

EVALUATE

DECIDE: (Who, What, When, How, Other) _____

NEXT TIME IT HAPPENS: Backup plans (or reveal discipline for Parent problems) _____

SIGNED: _____

(Person #1)

(Person #2)